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## **News Release**

### **A Costly Addiction**

*Facing rising costs, UDOH offers tobacco users tools to quit*

(SALT LAKE CITY) – Tobacco use takes years off your life and life off your years. But the Utah Department of Health (UDOH) warns Utahns that tobacco also takes cash from your wallet. As a result of the 2010 legislative session, the financial toll of tobacco use is on the rise. Starting July 1, the cost of a pack of cigarettes in Utah will increase by \$1. While the tobacco industry wants Utahns to keep smoking, the UDOH and Utah's local health departments hope tobacco users will see this as another good reason to quit.

"A pack-a-day smoker can spend \$1,800 annually on an addiction that may eventually kill him," said David Neville, UDOH marketing coordinator for The TRUTH. "Quitting is hard, but not quitting is even harder. The TRUTH is always here to help with free quitting resources, like the Utah Tobacco Quit Line, where callers may be eligible for free patches or gum."

Quitting smoking has many benefits in addition to the cost savings. Within 48 hours of quitting, your sense of smell and taste begin to improve. Inside 72 hours, your lung capacity increases. And by three months, you'll find yourself getting sick less often. After one year, your heart attack risk is cut in half.

"Your body has a natural ability to heal itself," says Neville. "A year from now, you'll be glad you quit."

The CDC reports highest quitting success rates are achieved by combining counseling with short term medications, like nicotine replacement therapy (patches or gum), or pharmacological treatments like Bupropion or Chantix).

To help make quitting easier, the UDOH recommends quitters take advantage of free and effective services like the Utah Tobacco Quit Line at 888-567-TRUTH (8788) or [www.UtahQuitNet.com](http://www.UtahQuitNet.com). Additionally, successful quitters have found these tips to be helpful:

- Find other activities to keep busy instead of smoking.
- Avoid people and places where smoking is a temptation.
- Change habits. For instance, avoiding coffee and alcohol, can help.
- Chew sugarless gum, toothpicks or sunflower seeds to curb cravings.
- Take up a hobby that keeps your hands busy.
- Exercise.

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*The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.*